

**Arkansas Physical Medicine
636 W. Broadway
North Little Rock, AR 72114
501-374-1153**

POST CARE ADVICE TO PATIENT FOR:

Age Spots or Pigmented Lesions:

Be sure to avoid sun exposure to the area(s) treated for the duration of your treatments.

Apply Sunscreen with **SPF 45** to the treated area(s) daily. Apply the sunscreen more often if you know you will be outside for a prolonged amount of time.

Avoid hot tubs, saunas and hot baths for 24 hours following treatment.

Avoid tanning beds.

Follow up treatment in 4 weeks.

We recommend a line of products to help your skin after treatment. See your Cosmetic Laser Specialist for details.

POST CARE ADVICE TO PATIENT FOR:

Photo Rejuvenation or Wrinkle Reduction:

Be sure to avoid sun exposure to the area(s) treated for the duration of your treatments.

Apply a daily sunscreen with a **SPF 45** to the treated area(s). Apply the sunscreen more often if you know you will be outside for a prolonged amount of time.

Avoid hot tubs, saunas, or hot baths for 24 hours following treatment.

Cover face completely if you are using a tanning bed; however we recommend you avoid tanning beds for best results.

Follow up treatment in 2 weeks.

We recommend a line of products to help your skin after receiving treatment. See your Cosmetic Laser Specialist for details.

If you have any questions concerning your treatment, please call us at the clinic or you may reach us by cell at:

Susan Perkins C.M.E. – 501-681-0515

Melissa Allen C.M.E. – 501-231-6257